



## Grilled Leg of Lamb

 Gluten Free

READY IN



87 min.

SERVINGS



12

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon pepper black freshly ground
- 2 teaspoons kosher salt
- 5 pound butterflied leg of lamb bone-in (9 pounds )
- 0.5 cup juice of lemon freshly squeezed (3 lemons)
- 1 lemon zest
- 2 pounds yogurt plain low-fat (2 pints) (regular or )
- 0.5 cup olive oil good plus more for brushing grill
- 0.8 cup rosemary leaves fresh whole (2 large bunches)

## Equipment

- bowl
- paper towels
- grill
- aluminum foil
- cutting board

## Directions

- Combine the yogurt, olive oil, lemon zest and juice, rosemary, salt, and pepper in a large non-reactive bowl.
- Add the lamb, making sure it is covered with marinade. Marinate in the refrigerator, covered, overnight or for up to 3 days.
- Bring the lamb to room temperature. Prepare a charcoal grill with hot coals. Scrape the marinade off the lamb, wipe the meat with paper towels, and season it generously with salt and pepper.
- Brush the grill with oil to keep the lamb from sticking, and grill on both sides until the internal temperature is 120 to 125 degrees for rare. This will take 40 minutes to 1 hour, depending on how hot the grill is.
- Remove the lamb to a cutting board, cover with aluminum foil, and allow to rest for 20 minutes. Then slice and serve.

## Nutrition Facts



## Properties

Glycemic Index:2.67, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:16.131304357363%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 221.05kcal (11.05%), Fat: 8.47g (13.03%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 6.2g (2.25%), Sugar: 5.6g (6.22%), Cholesterol: 80.74mg (26.91%), Sodium: 514.96mg (22.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.57g (57.13%), Vitamin B12: 3.64µg (60.64%), Selenium: 30.5µg (43.57%), Vitamin B3: 7.53mg (37.66%), Zinc: 5.27mg (35.13%), Phosphorus: 340.91mg (34.09%), Vitamin B2: 0.46mg (27.31%), Potassium: 545.86mg (15.6%), Calcium: 153.12mg (15.31%), Vitamin B1: 0.2mg (13.57%), Vitamin B5: 1.33mg (13.35%), Iron: 2.38mg (13.23%), Vitamin B6: 0.25mg (12.56%), Magnesium: 47.52mg (11.88%), Folate: 39.67µg (9.92%), Copper: 0.17mg (8.48%), Vitamin C: 5.55mg (6.73%), Vitamin E: 0.56mg (3.75%), Manganese: 0.07mg (3.56%), Vitamin A: 89.67IU (1.79%), Fiber: 0.36g (1.45%), Vitamin K: 1.51µg (1.44%)